

Risk Factor Worksheet

Below is a list of **risk factors** that may increase the likelihood of developing osteoporosis. Put a check by each one that applies to you. The more factors you check, the greater your risk may be.

RISK FACTORS THAT CAN NOT BE CONTROLLED

- ☐ I am a woman
- ☐ I have a family history of osteoporosis
- ☐ I had early loss of ovarian function (early menopause naturally, treatments, or surgically before age 45)
- ☐ I am postmenopausal
- ☐ I am over age 50
- ☐ I have hyperthyroidism
- ☐ I am small boned, thin
- ☐ I am Caucasian or Asian
- ☐ I have chronic diarrhea or intestinal malabsorption syndrome
- ☐ I have or had an eating disorder such as anorexia or bulimia
- ☐ I use certain drugs, such as steroids for asthma, arthritis, or cancer drugs
- ☐ I have lost more than one inch from my tallest height

RISK FACTORS THAT CAN BE CONTROLLED

- ☐ I have a low calcium intake (I avoid dairy products)
- ☐ I don't take calcium or vitamin D supplement
- ☐ I am physically active less than five days per week
- ☐ I have little or no exposure to sun
- ☐ I smoke
- ☐ I have a high alcohol intake (at least one drink per day)
- ☐ I have a high caffeine intake (2-3 cups of caffeine beverage per day)
- ☐ I perform physical activity excessively (causing missed monthly periods)

